

metro

NEW YORK CITY NO. 1 FREE DAILY IN

Monday, July 22, 2019 metro.us | t: MetroNewYork | f: Metro



ENTER SANDMAN

Mariano Rivera was inducted into the HOF. 16



Sawyer allows parents to rent a fun day for their kids. 14

Trump tweets 'squad' needs to 'apologize to America.' 6

TIME TO CHILL

As the city sweltered in dangerously-high temps, New York City residents found a variety of ways to beat the heat. 2,4



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MONDAY

83° | 71°

Heavy
rain

TUESDAY

81° | 68°

Heavy
rain

WEDNESDAY

81° | 69°

Mostly
sunny

THURSDAY

83° | 71°

Mostly
sunny

FRIDAY

84° | 72°

Mostly
sunny

Cooling centers offer relief as heat wave breaks records

It felt like 113 degrees in parts of New York City.

With a record-breaking heat wave intensifying over much of the U.S. Midwest and East Coast through the weekend, it was a bad time for Annie McQueen's air conditioner to break down in her New York City apartment.

Cities across the affected regions had opened public cooling centers, and after a sticky night in which the combined forces of a ceiling fan and a floor fan in her bedroom offered little relief, McQueen, 76, headed to one of them on Sunday at a senior center in downtown Brooklyn.

She sat smiling near the door of the Raices Times Plaza Neighborhood Senior Center, beyond which the air was predicted to cook up to a high of 98 degrees, though it would feel more like 110 degrees with the humidity, according to the National Weather Service.

Inside, old Christmas decorations fluttered in the breeze near the cooling system's ceiling vents. "It feels just right," McQueen said. Lunch was three different



Wayne Williams wipes off sweat while attending a party at Herbert Von King Park.



Children cool off in water fountains at Herbert Von King Park. GETTY IMAGES

varieties of salads.

"I have multiple sclerosis, so the heat's no good for me," said Pascual Valle, a 63-year-old retired doorman who had just lost another game of dominoes. "It makes me weak. It just sucks everything out of my body."

He had driven his motorized wheelchair the half a block to the center when it opened at 9 a.m., felt rejuvenated soon after, and did not plan to venture outside again until it closed at 5 p.m. City emergency officials sent crates of bot-

tled water and Gatorade to hand out to anyone who dropped in to cool off.

The heat wave, which has blanketed about a third of the population of the United States in recent days, is due to break on Monday in a burst of thunderstorms and cooling rain brought on by a cold front, the National Weather Service said.

On Saturday, new one-day temperature records were recorded in at least half a dozen places, including a high of 99 degrees Fahrenheit (37.2 degrees

Celsius) at New York's John F. Kennedy International Airport and a high of 97 degrees Fahrenheit (36.1 degrees Celsius) at Detroit Metropolitan Airport.

Officials implored everyone to stay inside as much as possible and be alert for the signs of heatstroke.

"Sunday has been canceled," the New York Police Department said on its social media accounts. "Stay indoors, nothing to see here. Really, we got this."

In New York, the streets were unusually empty,

though clusters of children could be seen running through park fountains and the gush of open fire hydrants.

In Washington, tourists used umbrellas and fans to try to keep themselves cool as they visited the Lincoln Memorial and other sites along the National Mall.

One teenager from Norway brought a small hand-carried, battery-powered electric fan and sprayed himself with water, while others sought the shade of trees lining the Reflecting Pool. REUTERS



Irishman wins British Open at Royal Portrush

Irishman Shane Lowry staved off the biggest nerves of his golfing life, handling the wind and the rain to win the British Open by six strokes amid emotional scenes at Royal Portrush on Sunday. Fervently cheered on every shot by the sellout crowd, the 32-year-old from Clara, who began the day with a four-stroke lead, was never seriously troubled in the final round with England's Tommy Fleetwood unable to take his chances to put him

under pressure. Lowry carded one-over-par 72 in strong winds and at times driving rain, but he was rewarded with wild celebrations as the fans charged on to the fairway behind him as he approached the 18th green. "It's like an out-of-body experience. I was so calm coming down the last, I cannot believe it. The weather was awful but I had a look around, and everyone was struggling," said Lowry, who was greeted by his family on the green. REUTERS

Mexico dodges bullet on 'safe third country' talks

Mexico said on Sunday it averted the so-called "safe third country" negotiations with the United States it desperately wanted to avoid after U.S. Secretary of State Mike Pompeo praised Mexican efforts in reducing U.S.-bound migrant flows. Pompeo met with Mexican Foreign Minister Marcelo Ebrard on Sunday in Mexico City to discuss migration and trade, amid heightened bilateral tension

ahead of a July 22 deadline on a deal that removed tariff threats on Mexican exports. "Secretary Pompeo thanked Foreign Secretary Ebrard for Mexico's increased immigration enforcement efforts, which initial indications suggest is leading to reduced flows of illegal immigrants arriving at the U.S. southern border," State Department spokesperson Morgan Ortagus said in a statement. REUTERS

Mueller report shows Trump crime evidence: Nadler

The top Democrat on the U.S. House Judiciary Committee said Sunday he believes there is "substantial evidence" that President Donald Trump committed high crimes and misdemeanors, and he plans to ask former Special Counsel Robert Mueller to present those facts at a congressional hearing on Wednesday. "The report presents very substantial evidence that the president is guilty of high crime and misdemeanors, and we have to

let Mueller present those facts to the American people and then see where we go from there," House Judiciary Committee Chairman Jerrold Nadler said on "Fox News Sunday." "The administration must be held accountable, and no president can be above the law." Nadler's comments are significant because evidence of such crimes would be required if Democrats pursue impeachment proceedings against the president. REUTERS

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

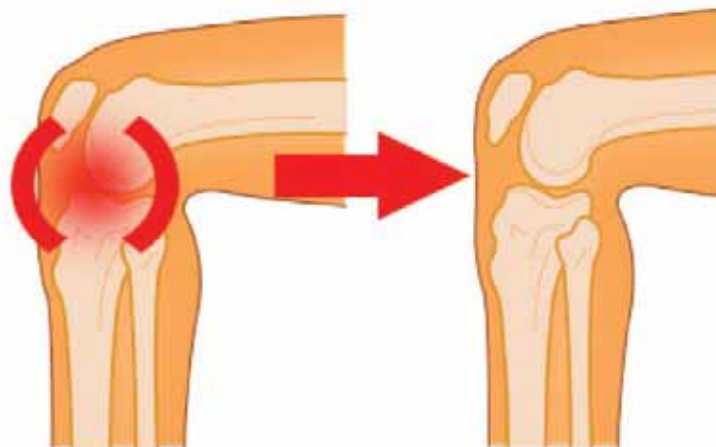
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310

NEWS

Dangerous heat wave grips two-thirds of United States

For the second straight day, the heat index rose above 100 degrees Sunday, forcing city residents to find any way possible to stay cool and hydrated.

GETTY IMAGES

CARING HAS A PLAN.

She has a name.
Her health plan
actually knows it.

SEE WHAT'S POSSIBLE
WHEN HEALTH CARE
GETS PERSONAL.



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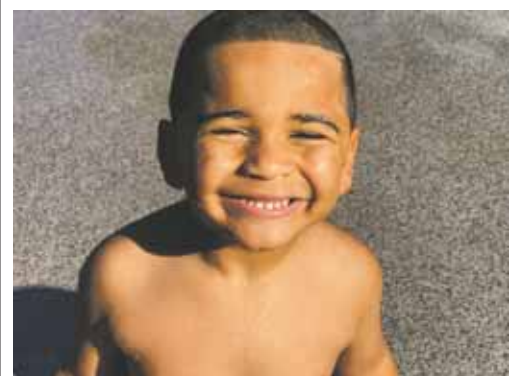
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8 am to 8 pm, 7 days a week

VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711). 注意: 如果您使用繁体中文, 您可以免費獲得語言援助服務。請致電1-800-469-6292 (TTY: 711)。

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JEREMIAH RIVERA



Affordable Housing for Rent

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This building is being constructed through the Mixed Middle Income program of the New York City Housing Development Corporation (HDC) and the New York City Department of Housing Preservation and Development (HPD) and the Mandatory Inclusionary Housing (MIH) program of HPD.

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A set-aside for a percentage of units goes to applicants with disabilities:
 - Mobility (5%)
 - Vision/Hearing (2%).
- Preference for a percentage of units goes to:
 - Residents of Brooklyn Community Board 8 (50%)
 - Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum	Unit Size	Monthly Rent ¹	Units Available	Household Size ²	Annual Household Income ³ Minimum - Maximum
1 bedroom	\$590	6	1 person	\$22,800 - \$29,880	1 bedroom	\$769	5	1 person	\$28,938 - \$37,350
			2 people	\$27,800 - \$34,160				2 people	\$28,938 - \$42,700
2 bedroom	\$718	3	2 people	\$27,326 - \$34,160	2 bedroom	\$933	3	2 people	\$34,698 - \$42,700
			3 people	\$27,326 - \$38,440				3 people	\$34,698 - \$48,050
			4 people	\$27,326 - \$42,680				4 people	\$34,698 - \$53,350
3 bedroom	\$821	1	3 people	\$31,543 - \$38,440	3 bedroom	\$1,091	1	3 people	\$40,046 - \$48,050
			4 people	\$31,543 - \$42,680				4 people	\$40,046 - \$53,350
			5 people	\$31,543 - \$46,120				5 people	\$40,046 - \$57,650
			6 people	\$31,543 - \$49,520				6 people	\$40,046 - \$61,900
1 bedroom	\$1,380	18	1 person	\$49,200 - \$74,700	1 bedroom	\$2,180	32	1 person	\$76,629 - \$123,255
			2 people	\$49,200 - \$85,400				2 people	\$76,629 - \$140,910
2 bedroom	\$1,642	9	2 people	\$59,006 - \$85,400	2 bedroom	\$2,520	10	2 people	\$88,109 - \$140,910
			3 people	\$59,006 - \$96,100				3 people	\$88,109 - \$158,565
			4 people	\$59,006 - \$106,700				4 people	\$88,109 - \$176,055
3 bedroom	\$1,888	3	3 people	\$68,126 - \$96,100	3 bedroom	\$3,060	4	3 people	\$108,309 - \$158,565
			4 people	\$68,126 - \$106,700				4 people	\$108,309 - \$176,055
			5 people	\$68,126 - \$115,300				5 people	\$108,309 - \$190,245
			6 people	\$68,126 - \$123,800				6 people	\$108,309 - \$204,270

¹ Tenant is responsible for electricity for cooking and electricity for light.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **SEPTEMBER 13, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an appointment of eligibility to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **13 de septiembre 2019**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001 信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2019年9月13日**。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **13 сентября 2019**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 발송용 Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001.으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. **2019년 9월 13일**까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anviwop ki gen adrès pou retounen li nan: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. Nan dèyè anviwop la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **septanm 13, 2019**.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مقروء يحمل اسمك وعنوانك إلى: Bedford Arms Apartments c/o Housing Partnership Development Corporation, 253 West 35 Street, 3rd Floor, NY, NY 10001. يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل **13 سبتمبر 2019**. الجهة الخلفية للمقروء، اكتب باللغة الإنجليزية كلمة "ARABIC".

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REUTERS

Trump tells Dem squad to 'apologize to America'

The president added in his tweet that Israel deserves an apology as well.

President Donald Trump on Sunday stepped up his attacks on four liberal Democrats in Congress, all women of color who have criticized his policies, calling on them to apologize as he himself faced charges of racism.

"I don't believe the four Congresswomen are capable of loving our Country. They should apologize to America [and Israel] for the horrible [hateful] things they have said," Trump said in a Twitter post.

Trump ignited controversy last weekend when he tweeted that the Democratic congresswomen should "go back" to where they came from if they do not like the United States.

Three of the lawmakers — U.S. Reps. Alexandria Ocasio-Cortez of New York, Ayanna Pressley of Massachusetts and Rashida Tlaib of Michigan — were born in the United States. Rep. Ilhan Omar of Minnesota came as a refugee from Somalia and is a naturalized citizen.

The first-term congresswomen, known as "the squad," have been highly critical of Trump and have also challenged their own Democratic leadership. Tlaib and Omar have been outspo-

ken critics of Israel's government.

U.S. Rep. Elijah Cummings, the Democratic chairman of the House of Representatives Oversight Committee, denounced Trump's latest attack and said he had "no doubt" that Trump was a racist.

"These are folks and women who love their country and they work very hard and they want to move us toward that more perfect union that our founding fathers talked about," Cummings, who is African-American, said on ABC's "This Week."

"So when you disagree with the president, suddenly you're a bad person. Our allegiance is not to the president. Our allegiance is to the Constitution of the United States of America and to the American people."

The Democratic-led House of Representatives passed a resolution on Tuesday that said the House "strongly condemns President Donald Trump's racist comments." The symbolic measure was aimed at shaming Trump and the Republicans who stood by him.

Unbowed, Trump launched a blistering critique of Omar during a rally in North Carolina on Wednesday night, pausing when the crowd erupted into chants of "Send her back."

After some fellow Republicans denounced

that language, Trump said the next day he did not agree with the chants. On Friday, however, he defended the North Carolina crowd as "incredible patriots."

Following Wednesday's rally, Omar accused Trump of "spewing fascist ideology." Ocasio-Cortez said he intentionally egged on the vitriol.

"Roll back the tape ... He relished it. He took it in and he's doing this intentionally," she said on Saturday at a town hall meeting on immigration in New York.

U.S. Sen. Cory Booker, who is seeking the Democratic presidential nomination, said on Sunday Trump was "worse than a racist."

"He is actually using racist tropes and racial language for political gain," Booker said on CNN's "State of the Union."

Stephen Miller, Trump's top immigration adviser, said the president made clear he disagreed with the "Send her back" chants.

"The core issue is that all the people in that audience, and millions of patriotic Americans all across this country, are tired of being beat up, condescended to, looked down upon, talked down to by members of Congress on the left in Washington, D.C., and their allies in many quarters of the media," he said on "Fox News Sunday." REUTERS

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

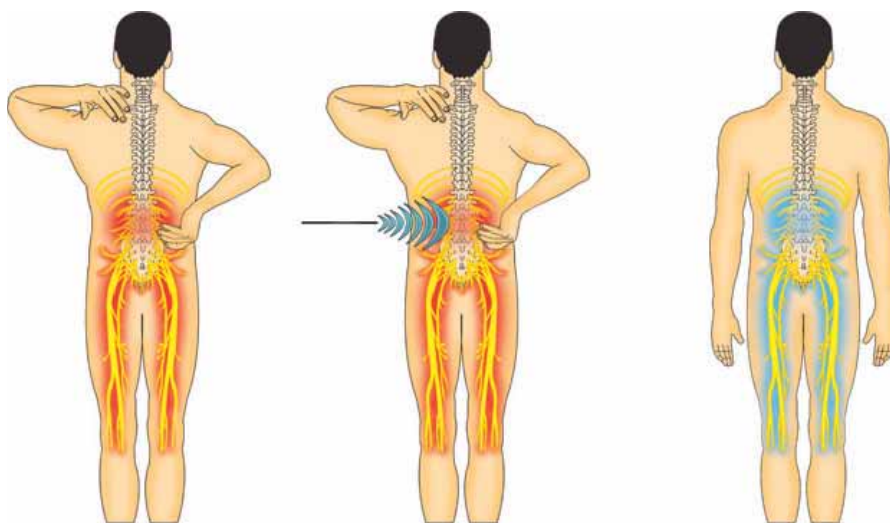
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgical center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

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My Grumble is when you shop at a large chain store and, for some reason, you get mad at one of the associates that works there. The last thing you say is, "I am not shopping here anymore" or "...all the money I spent in this store" or "I am going to another store to spend my money." Let me refresh your memory: A large

chain store doesn't care if you shop there or not. Believe me, other customers will come. And, this is not their only store. They have stores all over the country. They will make their money and continue making their money. You are mad now for whatever reason. But, one thing is for sure: You will be back.

— Anonymous, Metro US reader

the GRUMBLE

metro.us/horoscopes



Aries Look past the obvious and into the future with optimism. You may not be able to get everything you want initially, but once you begin, new options will open up.



Libra Observe from a distance, where you will get a clear picture of what needs to be done. If you get too involved in the nitty-gritty, you will lose sight of your objective.



Taurus Don't waste time convincing others to get involved in something you want to pursue. Put your energy where it counts in order to reach your potential.



Scorpio Don't let anger or revenge consume you when you hold the key to your own happiness. Do what's best for yourself and let your success be your answer to rivals.



Gemini Emotions will take charge, causing confusion and stress if you let an indulgent person manipulate you. If something doesn't feel right, know enough to walk away.



Sagittarius Little by little you will make headway. Don't get discouraged or let someone tempt you to take a shortcut that isn't in your best interest. Trust in yourself and your capabilities.



Cancer A journey will lead to personal growth and a better understanding of the people around you. Through observation or communication, you will learn much that is valuable.



Capricorn Alter your life for the right reasons, not because of an emotional setback that someone inflicts on you. Keep your personal matters to yourself and avoid interference.



Leo Open up about your feelings. Ask questions and find out where you stand before making a move that may be unnecessary. Information is power; exercise your rights.



Aquarius Make changes that suit you, not the ones that are being inflicted on you by someone else. Consider the possible consequences of your actions.



Virgo You'll get more done if you join forces with someone who shares your concerns and wants to make a difference. Stick to your plan and don't stop until you are finished.



Pisces You have a clear shot at success. Don't let someone intervene and take advantage of you. Set your sights on your target and use your intelligence and charm to get what you want. EUGENIA LAST

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LIFESTYLE

Chase Atlantic are not your average *pop* group

We spoke with the Australian band's lead singer, Mitchel Cave, on erasing the stigma around pop music.



PAT KING
patrick.king@metro.us

Australian band Chase Atlantic are tired of the bad rap that pop music gets. Led by brothers Mitchel and Clinton Cave, with help from their friend Christian Anthony, the trio has grown to acclaim for their genre-defying pop music and is set up for their biggest year to date with the release of their new album, "Phases." Looking back on their success, the band has come a long way from self-releasing their own music online with their popular



RYAN WATANABE

YouTube channel and self-producing their first EP, "Dalliance," in 2014.

After the band's hit single "Friends" caught the attention of Benji and Joel Madden of Good Charlotte, with the Maddens' help Chase Atlantic signed on to Warner Bros. and are now playing to some of the biggest audiences they have ever seen this summer. For Mitchel Cave, the band's lead vo-

calist, the energy that they have been leaving out on-stage night after night leaves the band emotionally drained in the best possible way.

"It's been great so far," says Cave. "The shows have been insane energy. It's been next-level. I think, after every show, like, we're using a whole bunch of energy, so we're so tired. I think that's the best thing because it

means we're putting a lot of work into these shows, and it's really paying off, I guess. Just coming off the stage is very intense, because we do put a lot of passion and energy out there. For instance, [at a recent show], it was in Kansas, and the air-conditioning was broken for the venue, and it was like a sauna. We finished the set and I was packing up, and I had, like, a heat-

stroke and kind of blacked out, and went blind for a minute. Then I came back to. It was just that hot and sweaty, it was insane."

The band's style of pop music pulls off a similar Trojan Horse effect that musical journeymen like the 1975 and Janelle Monae are able to pull off, never resting on one specific sound for too long. Their albums give as much attention to darker emotions as they do to universal pop elements. According to Cave, this has been the band's mission statement from the beginning. Chase Atlantic are out to blow up the standard of what pop music can be as well as never downplaying how willing their fans are to take the ride.

"That's the whole objective, I think," explains Cave. "Because the lan-

guage of pop music is now digested and also before, but what we do is, I think we make music that we enjoy listening to, you know what I mean? And whether that be a mood thing or an atmospheric setting, I think we're just drawn to good music, and that's what popular music is. It's good, catchy, hook-y music. But I think what makes us different is that we keep a lot of personal experience, and we don't hide behind a picket fence. We don't hide our emotions. We don't white-wash anything. We just keep it as natural as possible, and I think that's the whole differentiation, is that we're making pop music with a darker undertone and a more serious and personal vibe."

Chase Atlantic play Webster Hall on Tuesday, July 23.

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The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, then-current Standard Interest Rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. 2. Available in-branch only; you must speak with a banker to request the special rate. Annual Percentage Yield (APY) is effective for accounts opened between 07/08/2019 and 08/30/2019 and requires a minimum of \$25,000 in new money brought to Wells Fargo. "New money" is money from sources outside of the customer's current relationship with Wells Fargo Bank, N.A. or its affiliates (which includes deposit, brokerage and loan/credit accounts). 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HEALTH



PROVIDED

Don't hide your legs this summer because of **varicose veins**

METRO STAFF
letters@metro.us

Sitting poolside or making plans to hit the beach should be your biggest priority during the summer. With that, you should not feel hesitant when shedding some layers in order to go swimming or lay out in the sun. While many of us hope to get in shape to look our best, some of us have a tougher time in fear of exposing the varicose veins on our legs. The Advanced Varicose Vein Treatment Center in Manhattan offers a few different treatments to

help you clear up any of the discoloration on your legs to get outside this summer.

Varicose and spider vein treatment

Most people usually think of the sprawling varicose-vein clusters, known as spider veins, as more of a cosmetic problem. Many people do not realize that they can cause uncomfortable symptoms like achiness and swelling in your legs. If you are thinking about putting off procedures to fix this problem, you should know that Advanced Varicose Vein offers minimally invasive

procedures that require little or no downtime afterwards to get you out the door and sunbathing. The center can combat these spider veins with innovative techniques using both lasers and radiofrequency energy that can knock out varicose veins for good.

VeinGogh

VeinGogh is one of the most noninvasive options for patients wanting to regain the clear complexion on their legs. VeinGogh uses microbursts of focused energy to destroy those damaged veins without hurting surrounding veins and nearby

tissue. After the procedure, blood is rerouted to healthier nearby veins for better and more healthy-looking legs. This procedure will eradicate spider veins for good with minimal risk and absolutely no downtime afterward.

VenaCure EVLT

For the laser option, VenaCure EVLT is a minimally-invasive treatment for removing varicose veins. The procedure uses a thin laser that targets the affected vein,



Dr. Ronald Lev, M.D.

heating it so much to cause the veins to shut completely. Once they are shut, that blood is rerouted to healthier veins nearby. Like VeinGogh, the procedure is

also a permanent way to get rid of varicose veins and spider veins. The procedure is quick, only taking around an hour to complete, with only a minimal amount of discomfort and no downtime.

For more information on both of these procedures, and others, head over to

treatmentsofmanhattan.com

This story was written in partnership with Advanced Varicose Vein Treatment Center of Manhattan.

BRING YOUR *Sexy* BACK



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“Dr. Lev is an excellent doctor and I would highly recommend him. I have had excellent results on my veins that I was not able to accomplish with any other doctor. — N.M.”

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Artist protests against selfies by faking her death



International art project

Selfies are among the most shared content on social media. Nowadays it is practically impossible to navigate through Facebook or Instagram without seeing one. To protest against it, Stephanie Leigh, artist from France, decided to create the so-called "STEFDIES" project that features her posing as if she were dead at popular tourist sites around the world. **MWN**

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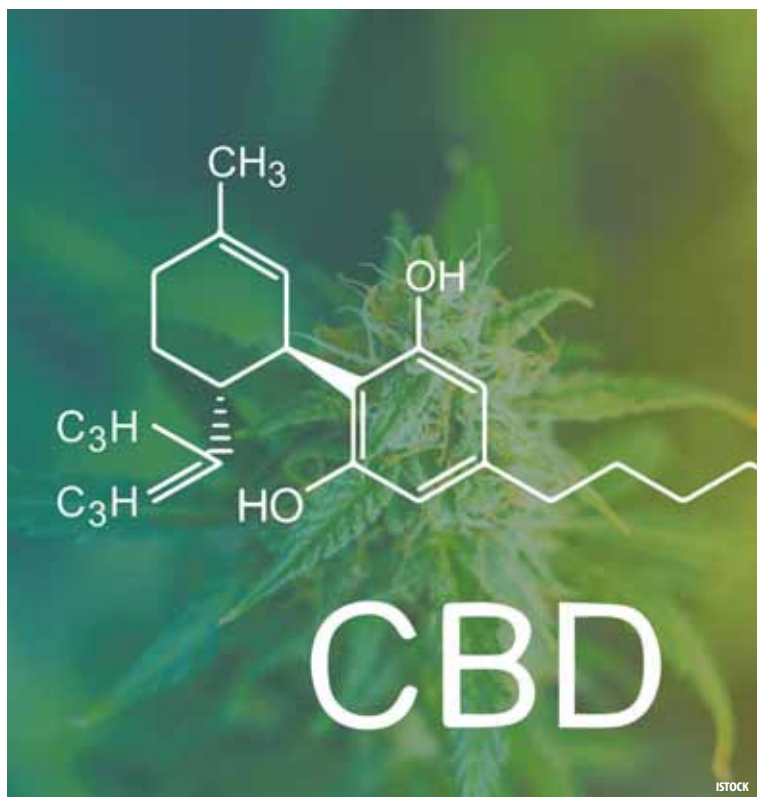
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MGAND-1001



Everything you need to know about CBD edibles

From proper CBD dosage to its benefits, here's what to know.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

New York City recently passed a ban on CBD food and drink items. The New York City ban was created because the United States Food and Drug Administration (FDA) said that it is unlawful to add CBD to food and drinks.

Metro spoke with Jay Moskowitz, a leading CBD expert, about the ban. He explained: "CBD has been considered a drug by the FDA since Epidiolex was approved in June 2018, and the Food, Drug, and Cosmetic Act prohibits adding an approved drug to food and beverages. Epidiolex is a purified CBD isolate. It is our position that hemp extracts that provide all the cannabinoids present in the hemp plant are not identical to Epidiolex and therefore are not considered a drug."

Epidiolex is a drug

that is used to treat seizures for people who suffer from Lennox-Gastaut syndrome or Dravet syndrome.

Although under FDA law CBD is a "drug," CBD isn't going to get you high — but another cannabinoid called delta-9-tetrahydrocannabinol (THC) can.

"People often confuse CBD and THC. We find that CBD provides a subtle relaxing effect. It is unlike anti-anxiety drugs like Xanax, which have a strong effect you feel and cause impairment. With CBD, it's more about what you don't feel, the sharp edge of stress and anxiety," Moskowitz said.

He added, "I don't personally use THC products, and I automatically avoided CBD assuming it was the same thing. Once I learned that CBD can be a great non-impairing, non-psychoactive alternative for stress relief, I felt comfortable experimenting with it."

He further explained that exploring CBD and finding the right amount of CBD dosage that works for you is a

journey because no one is the same. However, if you are looking for a specific number, he suggests approximately 25 milligrams, which is about a dropperful.

One of the reasons he suggests 25 milligrams is because, besides being a CBD expert, Moskowitz is also the CEO of Bimble, a broad-spectrum CBD drink sweetened with raw honey. Twenty-five milligrams is the amount of CBD in each bottle of the drink. Moskowitz's Bimble drink is totally safe — it's so safe that he provides customers with a "Certificate of Analysis" for what's inside each Bimble drink.

He said that he understands consumers' concerns about the safety of CBD. "I would be hesitant to trust a company that explicitly writes CBD on their drink label. To me, this shows a lack of understanding of the regulatory environment and the sensitivity the FDA has to protect approved drugs. It's not a sign of someone I would want to entrust with my CBD delivery."

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EDUCATION



Renting a fun day for your children just got easier

With Sawyer, creators Marissa Evans Alden and Stephanie Choi are helping working parents plan their kids' activities with one click.



JEFF TOMKO
jeff.tomko@metro.us

There are no days off when it comes to parenting, and chances are your kids aren't going to take pity on your hectic schedule. Wiping runny noses, soccer practice, ice cream runs, trips to the park and zoo will be waiting at home for you no matter how many zillions of hours you spend at the office.

In addition to her full-time career in finance, one of Ashley Dieck's main responsibilities is keeping daughters Hannah and Clare active and entertained, especially during the summer months when school is out. With online searches becoming time-consuming and sometimes convoluted, Dieck would rely on word of mouth — namely, the advice of her nanny.

Then a friend intro-

duced Dieck to Sawyer — an app named after the fictional Mark Twain character — and booking children's activities, from arts and crafts to trips to the zoo, became a welcome reality for the NoHo resident.

“What you’re getting with Sawyer is great variety for your community.”

Marissa Evans Alden

“Working in finance, there’s no flexibility in my schedule, but I needed to strike a balance between my career and parenthood,” Dieck says. “Using Sawyer, it simplifies the booking process and even allows me to plan ahead with my kids’ activity schedules.”

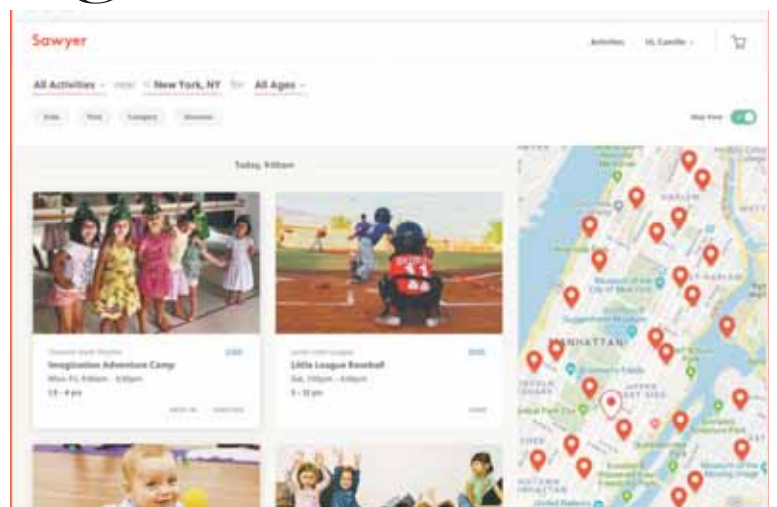
Sawyer (hisawyer.com) is the brainchild of a pair of former Rent the Runway executives — Marissa Evans Alden and

partner Stephanie Choi — who came up with the idea after dealing with their own difficulties securing fun and educational activities for their kids so they could focus on the multi-million-dollar online dress-rental giant. The concept was a no-brainer.

“Here I could get you a dress within an hour by the click of your phone,” Evans Alden says. “But when it came to something as important as your child’s education, it was challenging figuring out what to do.”

With a multitude of activities for children listed each day throughout the week, Sawyer could be compared to popular workout app ClassPass, but according to Evans Alden, she’d rather you think of Sawyer as a children’s version of OpenTable, the no-fee online restaurant reservation platform. “We don’t charge monthly rates,” Evans Alden says. Sawyer launched in New York and Los Angeles in 2015 and within the past few weeks has expanded nationwide to cities such as Philadelphia and Boston.

Evans Alden says well



There's always something going on for your children throughout the city, as the Sawyer map shows.

COURTESY SAWYER

over 100,000 users take to Sawyer regularly. The biggest challenge, according to Evans Alden, a tech and startup specialist, was getting providers and vendors up-to-date on their own technology, ditching the spreadsheets (even faxes) and coming aboard the app.

“The providers are happy because the software is easy to use and user-friendly, and the parents enjoy that it’s mobile-friendly and can

fit into their daily lives.”

A scroll through New York on any given morning and you can find activities such as nature walks, Little League baseball, invention creation, music and reading, cooking, not to mention all-day summer camps. The age ranges are from infants to young adults.

Sawyer has also recently rolled out its Marketplace, a hyper-local, personalized shopping experience for parents,

to help them discover the best providers in their neck of the woods.

“A nice part of Sawyer Marketplace is, it offers parents an option to save time instead of making phone calls, Google searching, contacting friends for suggestions. You can avoid most of the research with this one-stop shop. What you’re getting [with Sawyer] is great variety for your community,” Evans Alden says.

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SPORTS



Mariano Rivera (top) and Mike Mussina (bottom).

GETTY IMAGES

Yanks' Rivera, Mussina inducted into Baseball Hall of Fame

MARIANO RIVERA
CAREER STATS

19 SEASONS	13x ALL-STAR
1,283.2 INNINGS	5x CHAMPION
2.21 ERA	'99 WS MVP
652 SAVES	'03 ALCS MVP
1,173 K's	'13 ASG MVP

MIKE MUSSINA
CAREER STATS

18 SEASONS (8 W/ YANKEES)	123-72 RECORD W/ YANKEES
3,562.2 INNINGS	2,813 K's
3.68 ERA	5x ALL-STAR
270-153 RECORD	7x GOLD GLOVE

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Hot Giants may take Madison Bumgarner off market for Yankees

The San Francisco ace has been connected with the Yankees over the past few months.



JOE PANTORNO
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As the Major League Baseball trade deadline inches ever closer, the New York Yankees are still searching for their starting-pitching upgrade.

The Bronx Bombers' comfortable cushion atop the American League East continues to grow during the early portions of the second half despite rotational concerns.

With the "World Series or Bust" attitude now in full swing, the Yankees will be connected to any notable starting pitcher believed to



The trade status of Madison Bumgarner is up in the air after the Giants' latest hot streak. GETTY IMAGES

be on the market before the July 31 deadline.

That's just how things work with the Yankees, even though they attempted to practice frugality in the off-season when building their AL-best roster.

One of the largest names on the market over the past few months has been San Francisco Giants ace Madison Bumgarner, the crown jewel of the starting-pitching market this summer.

Bumgarner is a four-time All-Star who has posted a 3.08 ERA since his MLB debut in 2009.

He is best known, however, for his postseason prowess. Bumgarner owns a 2.11 playoff ERA with three World Series

crowns. He etched his name in MLB folklore during his 2014 World Series MVP performance against the Kansas City Royals, where he allowed just a single run on nine hits in 21 innings of work.

The 29-year-old southpaw will be a free agent after the 2019 season, which immediately made him a trade candidate even before the season started.

Trade rumors ramped up further when the Giants got off to a rocky start this season.

By June 27, the Giants were 34-46 and sitting near the bottom of the NL West. Suddenly facing a roster blow-up, Bumgarner and his postseason experience would have fetched the Giants a bounty of assets to help build the future on.

And the Yankees have

the young talent needed to at least pique San Francisco's interest.

A late-July blockbuster might not be happening at all, though, despite numerous teams expressing interest.

The Giants have been one of the hottest teams in baseball over the past three weeks, recording a 15-4 record in their last 19 games.

While they are still miles behind the juggernaut Los Angeles Dodgers in the NL West, the Giants were just 2.5 games back of the second National League Wild Card spot.

The quick turnaround has many speculating that the Giants may hold on to Bumgarner for the rest of the season to fuel the unlikely playoff hunt, which is bad news for contenders looking to make a big splash this summer.

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Sarah.Pieper@nyspi.columbia.edu

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NYSPI IRB Approved
6/6/2019 -> 8/6/2019

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LEGAL NOTICES

SUPREME COURT OF THE STATE OF NEW YORK - COUNTY OF QUEENS
NATIONSTAR MORTGAGE LLC, V. ARNOLD BRABHAM, ET AL.
NOTICE OF SALE
NOTICE IS HEREBY GIVEN

pursuant to a Final Judgment of Foreclosure dated May 01, 2019, and entered in the Office of the Clerk of the County of Queens, wherein NATIONSTAR MORTGAGE LLC is the Plaintiff and ARNOLD BRABHAM, ET AL. are the Defendants. I, the undersigned Referee will sell at public auction at the QUEENS COUNTY COURTHOUSE, 88-11 SUTPHIN BLVD. COURTROOM #25, JAMAICA, NY 11435, on August 16, 2019 at 10:00 AM, premises known as 116-16 203RD ST., SAINT ALBANS, NY 11412: Block 11074, Lot 64: ALL THAT CERTAIN PLOT, PIECE OR PARCEL OF LAND, SITUATE LYING AND BEING IN THE FOURTH WARD OF THE BOROUGH AND COUNTY OF QUEENS, CITY AND STATE OF NEW YORK
Premises will be sold subject to provisions of filed Judgment Index # 703839/2013.
Darice Guzman Piotrowski, Esq. - Referee.

RAS Boriskin, LLC
900 Merchants Concourse,
Suite 310
Westbury, NY 11590,
Attorneys for Plaintiff.

NOTICE IS HEREBY GIVEN
that a license, Number, to be determined, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 949 Grand St., Brooklyn, NY. Kings County, for on premises consumption. 949 Grand Bar, LLC.

NOTICE IS HEREBY GIVEN
that a license, Number 1317534, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 115 E. 23rd Street., New York, NY 10010. New York County, for on premises consumption.
Areppas 2 LLC d/b/a Areppas.

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NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS,
DEUTSCHE BANK NATIONAL TRUST COMPANY, AS CERTIFICATE TRUSTEE ON BEHALF OF BOSCO CREDIT II TRUST SERIES 2012-1, Plaintiff, vs. JUAN CASTILLO, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on May 6, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on August 2, 2019 at 10:00 a.m., premises known as 130-47 176th Place, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12545 and Lot 400. Premises will be sold subject to provisions of filed Judgment Index # 702070/2017.
Matthew M. Lupoli, Esq., Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.,
100 Garden City Plaza,
Garden City, NY 11530,
Attorneys for Plaintiff

NOTICE OF FORMATION
of KING SPIDER LLC. Arts. of Org. filed with the Secy. of State of New York (SSNY) on 02/28/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Geoffrey Oluwafemi Ogunesi, 1000 Park Ave., Apt 8A, New York, NY 10028. Registered Agents Inc. is designated as agent for the LLC at 90 State St., Ste 700, Office 4, Albany, NY 12207. Purpose: Any lawful purpose.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 120 Broadway, 40th Floor, New York, NY 10271. New York County, for on premises consumption. Great Performances/Artists as Waitresses, Inc. d/b/a TBD.

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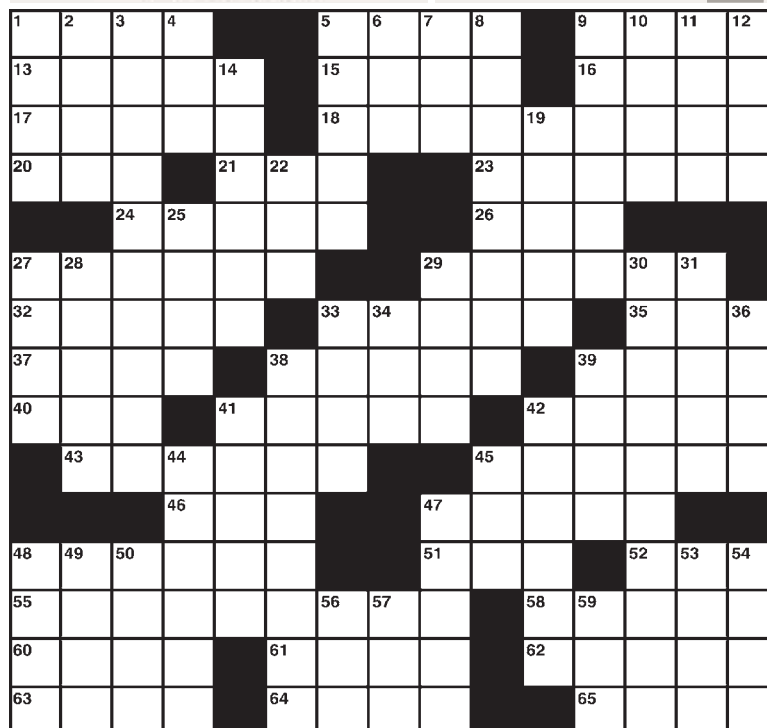
- 1 Very dry
5 Popular pets
9 Pig's dinner
13 Mexican mister
15 Rat-__-tat
16 Candy __; Yuletide sweet
17 "___ people of the United States..." (Constitution opening)
18 Emergency vehicle
20 Inventor Whitney
21 Roof material
23 Grocery store
24 Signifies
26 Telly network
27 Bits of unimportant info
29 One of the Seven Dwarfs
32 Add lanes to
33 Huckster's line
35 Blushing
37 Dumb-ox connector
38 Piles
39 Sandwich shop

metro.us/crossword

- 40 __ fire to; ignite
41 Necklace pieces
42 Long-barreled firearm
43 Outcome
45 Canoodle
46 Joint nearest the waist
47 External
48 Torah, for one
51 Teacher's favorite
52 Kind of tide
55 Actress Colbert
58 Old Ford
60 Meghan, to Prince George
61 Ugly Duckling, in reality
62 Van Dyke & Van Patten
63 Trawling equipment
64 Family members
65 Red edible

DOWN

- 1 Even __ speak; right now
2 Rod and __; fishing gear
3 Frighten
4 Homer Simpson's remark
5 James and Scott
6 Banking tech.
7 Filing aid
8 Trips over something
9 Limited
10 Too thin
11 As soon as
12 Amanda of "2012"
14 Keep
19 Can wrapper
22 "Time __ Bottle"; Jim Croce song
25 Like 2, 4 and 6
27 "___ the night before Christmas..."
28 Choir platform
29 Uses a straw
30 Choice
31 Hollers
33 Fanny
34 Launch site
36 Passes away
38 Vulnerable
39 Urgent
41 Construct
42 __ on; told the misdeeds of
44 Bellows
45 Signal to an actor
47 __ up; speaks candidly
48 Skim
49 Whodunit element
50 Speak wildly
53 Twelve-speed
54 "Father Knows __"
56 Deuce
57 Hosiery hue
59 Cut of meat

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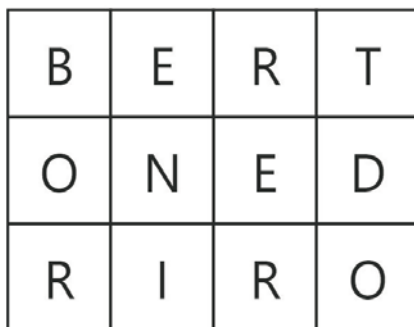
Alex
Battlestar
Canada
CBS
Double Dare

Emmy
Game Show
Host
Jeopardy
NBC

Ontario
Prize
Question
Quiz
Trebek

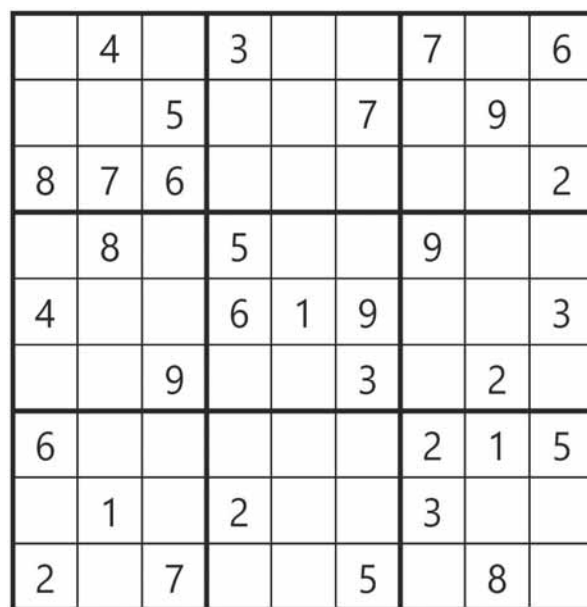
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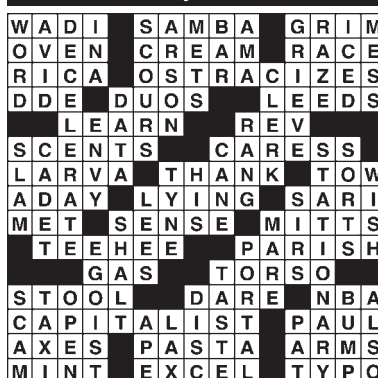
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